



"How soon can I get up, Mummy?"

"He's so keen to be up and doing again after all these weeks in bed . . . yet he still looks very pale . . . and his little legs look so thin underneath the blankets . . ."

"Thank goodness Marmite is available again. A little every day, served as a broth or spread on thin bread and butter, will soon give him back his appetite . . . make him boyishly hungry again . . . help him to put on all the weight he has lost lately . . ."

"They say it is one of the richest known food sources of the precious Vitamin B₁, too. That means that it will help his

nervous system . . . help him to enjoy the full benefits of all the foods that he eats . . ."

"It must have been such a worry to mothers during the war when Marmite was hard to get. Now all I have to do is run round to the corner store and get all the Marmite I need . . . all Johnnie needs, I should say . . ."

"A week, the doctor said, and all going well he'll be up again and back at school . . ."

"When can you get up, Johnnie? Why, I think tomorrow for a little while. Maybe, if you're good, Mummy will even let you up today!"

MARMITE

the first — and finest



From all grocers —
in 2 oz. to 16 oz. pots

— vegetable extract